



**Summer BOW  
Workshop  
Boulder Hot Springs  
June 8-10, 2018**

Join us in celebrating 25 years of BOW in Montana with a weekend of self discovery and adventure at beautiful Boulder Hot Springs!



***Montana Fish,  
Wildlife & Parks***

## Schedule of Events

<u>Friday, June 8</u>		<u>Saturday, June 9</u>		<u>Sunday, June 10</u>	
Participant Check In	10:00 am to 12:00 pm	Breakfast	7:00 am to 8:00 am	Breakfast	7:00 am to 8:00 am
Lunch	Noon to 1:00 pm	Session II	8:00 am to 11:30 am	Session IV	8:00 am to 11:30 am
Welcome/Overview	1:00 pm to 1:30 pm	Lunch	12:00 pm to 1:00 pm	Lunch	11:30 am to 12:30 pm
Session I	1:30 pm to 5:00 pm	Session III	1:00 pm to 4:30 pm		
Social Hour	5:00 pm	Social Hour	4:30 pm		
Dinner	6:30 pm	Dinner	6:00 pm		
Evening Program	7:30 pm	Evening Program	7:00 pm		
Door Prizes	??	Door Prizes/Silent Auction	8:30 pm		

**Registration Process:** Everyone is welcome to send in registration forms now, but during the first week of registration (April 9-April 13), new participants and previous Montana Summer BOW participants who bring someone new will be processed first. Participants who have only attended a Montana Beyond BOW class (1-day or 1-topic multi-day class) are considered a new participant for Summer BOW. Registrations must be mailed in. No walk-in or faxes will be accepted. Successful applicants will be notified with a letter of confirmation and directions to Boulder Hot Springs. A waiting list will also be generated. Unsuccessful applicants will receive a full refund.

**Boulder Hot Springs:** Located between Helena and Butte and just outside the town of Boulder, this historic resort has been welcoming visitors to its hot spring for over 100 years. Boulder Hot Springs offers rooms for 1 to 2 people, delicious organic locally sourced meals, and both indoor and outdoor hot spring pools. No smoking or alcohol permitted on the property. No pets (except service dogs) are permitted. Boulder Hot Springs is not handicap accessible.

**Lodging** – Rooms are located on 3 floors of the East Wing accessed by stairs. Rooms do not have TVs or phones but wifi is available. Participants can choose from the following options. 2-person room has 2 double or 2 twin beds, some rooms have ½ bath. 1-person room has 1 double or twin bed, some rooms have ½ bath. Shared bathrooms with a shower are located on each floor.

**Camping** – Tents and campers are welcome at Boulder Hot Springs. There are no designated camp sites and no hook-ups. Bathrooms/showers are available at the indoor pool area. Camping with electrical hook-ups are also available at the nearby Jefferson County Fairgrounds.

**Hunter Education Certificates:** Participants in **Beginning Shotgun**, or **Beginning Rifle** must attach a copy of their Hunter Education or Firearms Safety certification (FWP/NRA). If none, you must have attended the BOW **Basic Gun Handling** class at this or a previous workshop.

**Raffle & Auction:** Participants have a chance to win door prizes and raffle items. The silent auction has become a fun tradition at the workshop. We invite you to bring items for the silent auction, and/or bid on items.

**BOW Store:** BOW logo clothing and other items are available for purchase during the workshop. Proceeds from the store, silent auction and raffle go back to support the Montana BOW program. Cash, credit card and checks accepted.

**Car Pool:** If you are interested in car-pooling, check that box on the registration form. We will generate a contact list for those who request it so you can make your own car-pool arrangements.

**Contact Information:** Montana Fish, Wildlife & Parks: (406) 444-9948. Hearing impaired use Montana Relay: 711 or 1-800-253-4091.

**What to Bring:** The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include hiking boots or walking shoes, a water bottle, hat, sunscreen, insect repellent and flashlight or headlamp. Many classes are held outside (rain or shine) so come prepared. Bring a swim suit for the hot springs.

## WORKSHOP DESCRIPTIONS

**Basic Gun Handling**-Learn about several types of firearms and the basics of firearm safety. You'll see how different actions work, how to get the proper firearm fit, and how to safely handle and store firearms. No actual shooting will take place. **\*This class is a prerequisite for anyone who does not have a Hunter Education or Firearm Safety certificate and wishes to register for the rifle or shotgun classes.**

**Maps & Compass 1**-Have you ever used a compass? Learn the "language" of map reading and how a compass functions. Combine these skills and you'll be navigating the outdoors with confidence. We recommend taking the Map & Compass Field Course to really practice what you learn in this class. Compasses will be provided. Some outdoor exercises are involved so dress accordingly. **\*This is the prerequisite for the Map & Compass 2 Field Course class.**

**Where to Play in Montana**-Montana is full of recreational opportunities, but sometimes it's hard to know where to go! In this class you will learn how to read paper and online maps, use apps, websites and other tools to find public lands that are open for hiking, biking, fishing, camping, and so much more.

**Bear/Mountain Lion Awareness**-Whether you are frightened or fascinated when you hear the word "bear" or "mountain lion" this class is for you. Join Marti Cook to learn about the life histories and habits of grizzly bears, black bears and mountain lions. See how to avoid bears and what to do if you encounter one. Then, work through various practice scenarios so you can become more confident and be safer while recreating.

**Herpetology Adventure**-Herpetology (from Greek "herpein" meaning "to creep") is the branch of zoology concerned with the study of amphibians (including frogs, toads, salamanders, and newts) and reptiles (including snakes, lizards, turtles, and tortoises). Join Matt Bell with Montana Land Reliance in learning more about these fascinating creatures and where to find them in Montana. After some time in the classroom, you will be going out in the field to look for specimens!

**Beginning Rifle**-Learn the fundamentals of rifle shooting, shooting positions and sighting techniques. This is a wonderful opportunity for people new to shooting or who want to improve their skills. You'll have an opportunity to shoot .22 caliber and larger caliber rifles. **\*Participants must take the Basic Gun Handling class at a BOW workshop between 2016 and this year's workshop or attach a copy of their Hunter Ed or Firearm Safety certificate.**

**Beginning Kayaking**-Wide and stable recreational kayaks are the perfect platform for people of all ages to enjoy wildlife viewing, fishing, photography and even camping on Montana's waters. Learn the basics of kayaking with . Bring a sense of adventure; water shoes, old sneakers or water sandals; quick-drying clothing; and a leash for your glasses or anything else you might drop overboard.

## WORKSHOP DESCRIPTIONS

**Wilderness Survival 1**-Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Learn the skills you need and the items you should always carry to survive an unexpected night, or two, in the outdoors. This is information every woman should know! *\*This is a prerequisite for anyone who wants to take the Wilderness Survival 2 class.*

**Backpacking Basics**-Interested in backpacking, but don't know what kind of backpack to buy or how to pack it? Maybe you are a seasoned backpacker looking to learn a few tips or more efficient backpacking techniques. We'll cover all you need to know to be comfortable in the woods. We'll also cover the basics of day hiking—like trip planning, gear and what to bring, so you can spend more time outdoors.

**Basic First Aid**— You are recreating in beautiful Montana when you...cut your hand...are stung by a bee....twist your ankle! Learn basic first aid from certified instructor Cherrie Angel. Cherrie will teach you how to address common injuries and what you should have in your first aid kit. This class does not qualify for First Aid certification.

**Beginning Shotgun**-Learn the basics of shotgun shooting, patterning and different shot shell ammunition. Participants will learn proper shooting stance, firearm fit, and shooting techniques while shooting at clay targets. *\*Participants must take the Basic Gun Handling class at a BOW workshop between 2016 and this year's workshop or attach a copy of their Hunter Ed or Firearm Safety certificate.*

**Map and Compass 2-Field Course**-Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class. Walking with a partner you'll navigate to pre-set points on a map. *\*Participants must have completed the Map & Compass class at this or a previous BOW workshop.*

**Free Range Yoga Project** – Experience a mindful walk in the woods combined with yoga. FRYP was founded with the belief that anyone can do yoga anywhere, beyond the four walls of a yoga studio. We'll review some of the foundations of yoga and the poses we'll use during our hike. Then we'll walk on a local trail, pause for a few minutes of flow yoga, and then continue down the trail. Wear comfortable clothing that you can move in and don't mind getting a little dirty. We'll have mat strips to use under our hands, but know that this is an outdoor experience!

**Intro to Bowhunting**-Hunting with a bow and arrow has been around since the Stone Age. Today the equipment is different but the skills needed to be successful are essentially the same. You'll practice shot placement with 3-D targets. This class is a good place to start if you are interested in bow hunting. Bring your personal bow if you have one or one will be provided for you.

## WORKSHOP DESCRIPTIONS

**On the Road** – Does your car, truck or SUV have the gear you need in case of an emergency—for both you and the vehicle? Can you change a tire or jump start an engine? Learn what you should always carry and how to do general maintenance on your vehicle. Yes, you can do this! You'll feel safer and more empowered for your next road trip.

**Nature Journaling**—Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is for **any** artistic skill level. You'll learn to develop an intimate relationship with the natural world, discover insights to ourselves, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors) if you desire.

**Wilderness Survival 2**—You're lost in the woods—now what do you do! See what it takes to set up your own survival camp. Learn how to choose a good site and build a shelter, make fire, and how to signal for search & rescue. Find out if the stuff in your day-pack is what you truly need. **\*Participants must take the Wilderness Survival-1 class at this or a previous workshop AND bring a day pack with the items you would carry.**

**Take a Hike**— Put on your hiking boots and hit the trail with Montana Discovery Foundation's Rebecca Skeldon. This class is more about exploring and enjoying the trail than hiking technique. Beginners are welcome but you must be able to navigate uneven and steep terrain.

# Thank You to All Our Sponsors!

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## 2018 Montana Sponsors

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Snappy's Sports Senter-Kalispell



# BOW 2018 Workshop Registration-Boulder Hot Springs

Name: \_\_\_\_\_

Registration is open for one week to new participants and previous Summer BOW participants attending with a new participant. Registrations for Summer BOW Alumni can be mailed now but will be processed in the order they are received after April 13, 2018.

☐ I am a new Summer BOW participant.

☐ I am bringing a new Summer BOW participant.

Name: \_\_\_\_\_ (please mail registrations together)

☐ I have been to a Montana Summer BOW workshop before.

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Birth Year: \_\_\_\_\_ Must be 18 to Attend

In case of Emergency, call: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have special dietary needs? Vegetarian No Gluten No Dairy Other

We will attempt to accommodate your needs.

☐
☐
☐
☐

Please indicate your first (1), second (2) and third (3) choice options for each of the four sessions in the columns below. \* indicates a prerequisite. Please read course descriptions.

Session I Friday Afternoon	Session II Saturday Morning	Session III Saturday Afternoon	Session IV Sunday Morning
____ Basic Gun Handling	____ Beginning Rifle*	____ Beginning Shotgun*	____ On the Road
____ Map & Compass 1	____ Beginning Kayaking	____ <del>Beginning Kayaking</del>	____ Nature Journaling
____ Where to Play in MT	____ Wilderness Survival 1	____ Map and Compass 2* (field course)	____ Wilderness
____ Bear/Mountain Lion Awareness	____ Backpacking Basics	____ Free Range Yoga	____ Survival 2*
____ Herpetology	____ Basic First Aid (no certification)	____ Intro to Bowhunting	____ Free Range Yoga
____ Adventure			____ Take a Hike

☐ I'm a teacher. I would like to receive OPI Renewal Units.

☐ I would like my contact information (name, address, phone number and email) shared in the participant information packet.

☐ I am interested in carpooling.

☐ T-shirt size unisex (circle one): Small Medium Large X-Large 2XL 3XL

**Scholarships:** A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (depending on lodging choice). Preference is given to full-time students and single parent households.

No registrations accepted by phone, email, fax or walk-in, or on forms other than this one.

# BOW 2018 Workshop Registration-Boulder Hot Springs

Name: \_\_\_\_\_

Workshop Fee-includes instruction, class materials, and use of demonstration equipment.

Please choose lodging:

\_\_\_ \$295 includes lodging in a private room and meals (limited availability)

\_\_\_ \$255 includes lodging in a double room and meals. Roommate Name : \_\_\_\_\_

If you do not have a preferred roommate one will be assigned to you.

\_\_\_ I am a night owl \_\_\_ I am an early bird

\_\_\_ \$195 includes tent/camper space (circle one) at BHS or fairgrounds (circle one) and meals.

\_\_\_ I need hookups at the Jefferson County Fairgrounds

\_\_\_ \$175 includes meals; I have my own lodging off site

\_\_\_ Check/money order included with my registration. Make check payable to **FWP**.

\_\_\_ Bill my credit card \_\_\_ Visa \_\_\_ Mastercard \_\_\_ American Express

Name as it appears on card: \_\_\_\_\_

Card # \_\_\_\_\_

Registrations for new participants will be processed first if postmarked by April 13, 2018.

**No registrations accepted by phone, email, fax or walk-in, or on forms other than this one.**

**Cancellation deadline:** Cancel on or before May 18, 2018, to receive a full refund. Cancellations made between May 19-May 25, 2018 will incur a \$40.00 processing fee deducted from your refund. Cancellations between May 26-June 1 will incur a \$100 processing fee deducted from your refund. You may also choose to send a substitute. No refunds if canceling on/after June 4, 2018.

Mail completed registration forms and checks to:

FWP-BOW

PO Box 200701

Helena, MT 59620-0701

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness, death, and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature

Date